

# DELTA STATE STATESMEN GRIT&GRIND

All-Americans  
24

NCAA  
Tournaments  
16

GSC  
Championships  
6

NCAA  
Elite 8's  
2

Jim Boone's  
Pros  
21

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## JIM BOONE

"Teams become complacent and they do not return to the very things that provided the opportunity for success."

- Bob Knight

Coaches,

2015 is upon us and it seems that every year, the early part of the season serves the purpose of developing an understanding of what you have. Each team is comprised of individuals that have both strengths and weaknesses. As the coach, it is up to you to mold them, develop them, and put them in positions to be successful. Sometimes that means change, other times just minor tweaks. This time of the year is a great opportunity to revisit your goals, reemphasize the anchors of your program, and set the table for the rest of the year. I wish you nothing but the best in 2015!

- Coach Jim Boone



# Brad Stevens

- “I value the numbers—but I do think that culture is the most important thing.”
- “I’ve become so process-oriented that I’m not as affected by winning and losing...that’s kind of my job to be unaffected through results.”
- We are 100% invested in our team, in playing our absolute hardest, and playing our very best individually.”
- “When you watch teams that have a culture and a continuity in who’s there, they know what they’re doing night-in and night-out. They know what pitfalls may occur, how to address them, and how to handle success.”

## HOW BAD DO YOU WANT TO WIN?

The senior quarterback asked the old coach why his team could not win. He told him how hard they worked, the sacrifices they had made, what more could they do, why could they not win?

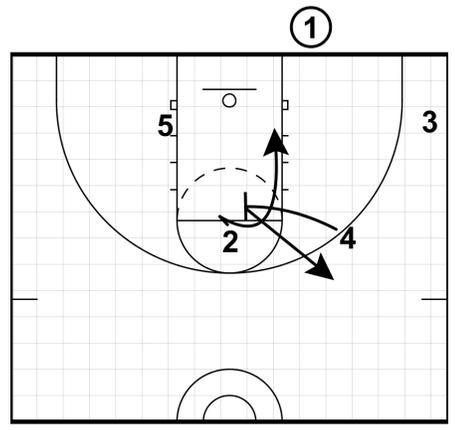
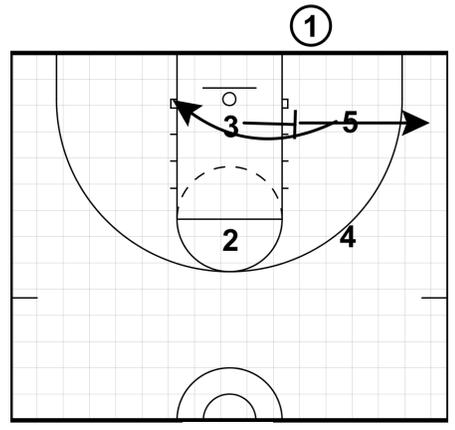
The old coach simply said follow me and walked the quarterback down to the edge of the lake, and then immersed the young man’s head into water. After several seconds, the quarterback began to fight for air, the coach removed his head from the water and allowed him to breath.

The quarterback regained his composure and the old coach replied, “Young man, when you and your teammates want to win as badly as you wanted that next breath of air, that’s when you will win!”

*Understand What Causes You to Lose*

- Second Shots: **BLOCK OUT**
- Turnovers: **HANDLE THE BALL SAFELY**
- Shot Selection: **PASS UP A GOOD SHOT TO GET A GREAT SHOT**
- Fouling: **DO NOT FOUL**
- Fast Break Lay-ups: **GET BACK ON DEFENSE**
- Rhythm Jump Shots: **DO NOT ALLOW UNCONTESTED**

# BLOB



# Discipline - Hard Work - Accountability - Team Defense

# Interview with Dave Bollwinkel



Dave Bollwinkel is a current scout for the Chicago Bulls and color analyst for college basketball on TV for Fox Sports Network, Comcast SportsNet, and the Mountain Network.

His coaching background includes serving as associate head coach at the University of Wisconsin in the Big Ten, three stints as an assistant in the PAC-10, as well as serving as an assistant in the Mountain West, WAC, Big West, and Conference U.S.A. From 1987 to 1992 he was head basketball coach at Division II Cal Poly University at Pomona.

# www.coachonandoffthecourt.com

## As an NBA scout, what characteristics do you specifically look for?

Position, size, and length with length being the most important. Length makes you quicker especially when fatigue sets in. Two important categories are foot skills and hand skills. Some have great foot skills (Michael Westbrook) and other have great hand skills (Larry Bird) but a balance is necessary. At the NBA level, we look for **one specific skill** that a college player has that can get him into an NBA game that a coach can make use of. For example, being able to rebound sideline to sideline or being able to knock down an open jump shot.

## What are some intangibles that you look for when watching players?

Do they enjoy hard work, because as a coach, you will go broke trying to teach a player how to work hard. As Jim Collins states in his book *Good to Great*, players usually began with a set of core values that have been instilled at an early age and have a relentless drive for progress. Coach Bollwinkel will visit a player's high school and college to obtain background information. He will talk to everybody that has had contact with the player to gather information on his personal make-up. When evaluating players in person, he arrives 90 minutes before tip and "watches **how players prepare themselves to play** along with their body language."

## For those that desire to play professionally, what advice would you give?

It is really hard to get young kids to understand how hard they have to work to be successful. Many doors will be slammed and adversity will be faced before a chance is awarded. Always be ready for an opportunity and seize that opportunity by putting your best foot forward. Bruce Bowen of the Spurs had one Division I offer out of high school, kicked all around before he found his niche as a lockdown defender and corner 3 specialist. More importantly is **learning how to compete against yourself**. It should not be what the coach wants, rather understanding what an individual's potential is and maximizing that. The great ones are their own worst critic. Ultimately, it is really hard to get kids to do that because they must be able to eliminate outside distractions that are so prevalent in today's society.

# 2014-2015 Schedule Roster

## Coaches



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# DELTA STATE BASKETBALL



## Pack Line Drill of the Month

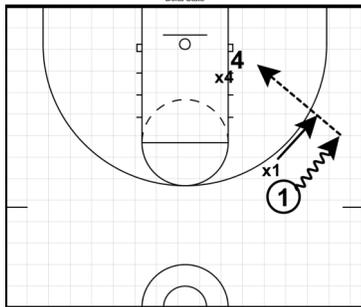


# 2 on 2 Choke & Dig



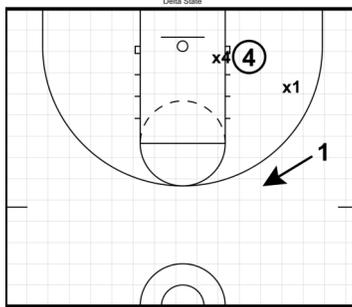
A

2 on 2 Choke the Post  
Delta State



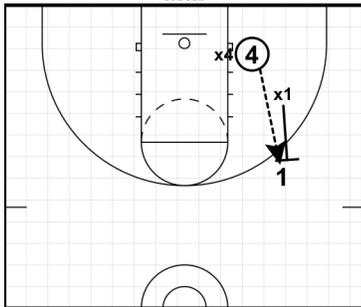
B

2 on 2 Choke the Post  
Delta State



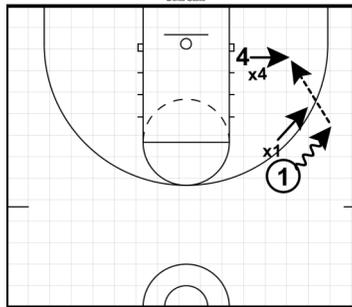
C

2 on 2 Choke the Post  
Delta State



D

2 on 2 Choke the Post  
Delta State



### Diagram A:

1. On ball defender pressures the ball with hands "on the glass" as offensive man dribbles down to feed the post.
2. On pick up - defender has active hands tracing the ball
3. Post defender plays 3/4 on the high side
4. On air-time of pass, post defender must slide behind and show hands

### Diagram B:

1. Offensive player must relocate
2. Perimeter defender preferably has butt to the baseline and is 50/50 between post and man yelling "Choke, Choke, Choke"

### Diagram C:

1. On a pass out, perimeter defender closes out
2. Post defender must front the post "FRONT IN-OUT GAME"

### Diagram D:

1. Offensive man dribbles down again
2. Post extends position to obtain a catch
3. Offensive man feeds post and same positioning applies
4. When post dribbles, guard will "dig" or try to deflect/steal the ball off the dribble
5. Once post picks it up, perimeter defender must recover to his man
6. On a kick out it is live

**How you defend the low post dictates everything else that you do defensively!**

# SAVE DATE

- ⇒ High School Team Camp  
June 12th, 13th, and 14th
- ⇒ Elite Camp  
June 27-28
- ⇒ Winning Edge Camps  
July 28th, 29th, 30th, and

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